

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
HEAVY CONSTRUCTION - CONCRETE FORM LABOURER



JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Deliver forms to site, including offloading from truck/trailer.	50%
2	Retrieve forms from site, using pin puller and sledgehammer to loosen form pins, load onto truck and return to yard, offloading into yard and sort.	50%

*The physical demands may vary depending on company and location.
 Confirm this physical demands analysis is an accurate representation of the specific job.*

ITEMS HANDLED

- Truck (6400 kg tare, GVW 22000kg); automatic transmission
- Truck trailer (12' long)
- Form pins (large 7 lbs. and small 4 lb.)
- Pin puller (large 10 lbs. and small 5 lb.)
- Hand crank straps for tie down (5 lb.)
- Sledgehammer (12 lb.)
- Forms of many sizes (largest is 5 metres in length, 74 lb.)
- Barriers identify holes at site (~20 lb.)

PERSONAL PROTECTIVE EQUIPMENT

- Work Boots
- Gloves
- Safety glasses
- Knee pads
- High visibility vest

ENVIRONMENTAL EXPOSURE

- Dust and debris.
- Whole body vibration driving over uneven surfaces

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JOB TITLE	HEAVY CONSTRUCTION – CONCRETE FORM LABOURER	LENGTH OF SHIFT (HRS)	10
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JOB DESCRIPTION

The worker is required to determine what forms are required for each job site, and safely and efficiently deliver and retrieve the forms from sites as required to ensure jobs are completed as per the required schedule. They typically work in a 3-person crew (including the Form Driver) and respond to their crew supervisor who provides their assignments each shift. The worker is required to communicate with the crew members, and other crews as needed, to ensure the task is completed safely, efficiently, and as directed.

PHYSICAL JOB DEMANDS - Grade using a scale of 0 - 4

0 = NOT REQUIRED	1 = SELDOM REQUIRED: < 5%	2 = MINOR REQUIREMENT: 5-33%
-	Less than 30 minutes per day or not daily	30 minutes up to 3.5 hours per day or 1 repetition every 30 minutes
3 = OCCASIONAL REQUIREMENT: 34-66%	4 = FREQUENT REQUIREMENT: 67-100%	
3.5 hours up to 6.5 hours per day or 1 repetition every 2 minutes	6.5 hours per day up to shift length or 1 repetition every 30 seconds	

INSTRUCTIONS: Place an X under number 0,1,2,3 or 4 to identify the frequency of each body demand or exposure.

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
WHOLE BODY DEMANDS						
SITTING			X			Driving to/from sites.
SITTING WITH VIBRATION/JARRING		X				Driving over uneven terrain.
DRIVING			X			Driving to and from sites to pick up and deliver forms.
STANDING		X				Inspecting the site. Searching for the appropriate form on trailer or truck bed. Viewing the fit of the form in the given hole
RUNNING	X					-
WALKING						
LEVEL			X			At sites, yard and office.
UNEVEN GROUND			X			At sites, yard.
SLOPES / RAMPS	X					-
CLIMBING						
REGULAR STAIRS	X					-
STEEP STAIRS	X					-
LADDERS		X				Climbing ladder to access truck bed at back of truck (24", 35", and 43" step height).
OTHER			X			Climbing steps into form truck (12", 29", 38" to cab). Climbing back of truck bed (48") and trailer (24" trailer, 36" wheel well) to access forms.
LOW LEVEL WORK						
KNEELING	X					-
SQUATTING		X				Retrieving forms from ground level in the stock yard. Retrieving/replacing forms from ground level on site. Checking tires, under truck for inspection.

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CRAWLING	X					-
SPECIFIC BODY DEMANDS						
NECK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE	X					-
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE			X			Loading/unloading pins and forms from the truck. Completing truck inspection. Maneuvering forms as required.
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Loading/unloading forms from truck and trailer. Maneuvering forms in the truck and removing them for use. Placing forms on site as needed.
SHOULDER MOVEMENTS						
OVERHEAD		X				Reaching into truck bed to retrieve/replace forms (total height of truck bed 7'6"). Securing straps to truck; throwing straps over truck.
FORWARD REACHING			X			Maneuvering forms on truck bed, trailer, or on ground at site. Placing/removing hole barriers. Utilizing hand crank to don/doff tarp on truck bed.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE				X		Maneuvering form pins, tools, forms, and other supplies as needed. Use of crank to cover truck bed and securing straps.
CONTINUOUS	X					-
NON-DOMINANT HAND						
REPETITIVE			X			Maneuvering form pins, tools, forms, and other supplies as needed. Use of crank to cover truck bed and securing straps.
CONTINUOUS	X					-
FINGER DEXTERITY	X					-

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MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)		X				Retrieving/replacing pins from pin storage on truck (4 lbs./7 lbs. per pin; up to 48 lbs. if carrying multiple).
MEDIUM (MAX 50 LB / 22.5 KG)		X				Retrieving/replacing pins from pin storage on truck (4 lbs./7 lbs. per pin; up to 48 lbs. if carrying multiple).
HEAVY (MAX 100 LB / 45 KG)		X				Loading/unloading forms of many sizes from truck/trailer (up to 74 lbs.).
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)		X				Carrying single form pins, pin puller, sledgehammer, straps, and other tools around site. Moving smaller forms around as needed.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Loading/unloading pins from truck, up to 50 feet (approximately 4 large pins ~21lbs., 12 small pins ~48 lbs., at one time).
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
MOBILE PUSHING						
LIGHT (MAX 20 LB / 9 KG)	X					-
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
MOBILE PULLING						
LIGHT (MAX 20 LB / 9 KG)	X					-
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
STATIC PUSHING/PULLING						
LIGHT (MAX 20 LB / 9 KG)	X					-
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)			X			Moving forms around the truck bed and trailer. Moving forms around within the stock yard.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-